

Exploring sport and exercise psychology

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Abstrak

Provides an overview of the field of sport and exercise psychology, connecting theory and practice, and discussing issues related to credentialing and training. This book features references and case examples, as well as chapters addressing implementation of comprehensive sport psychology interventions, modeling, and promotion of physical activity through community development. The book is intended to serve as a resource for professionals and students who are interested in learning more about the theoretical, empirical, and applied aspects of the field.